THE

Hindu Message

A Weekly Review of Indian and World-Problems
from the Hindu Standpoint.

Medical Supplement

'चिकित्सितात्पुण्यतमं न किञ्चिदपि शुश्रुमः' । 'विमत्सरश्रुतादेदो मामयं प्रहरिष्यति'

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NOTES AND COMMENTS.

The important considerations in respect of treatment of diseases are the determination of the deranged Dosha, of the affected Dhathu, of the nature of the place where the patient lives, of the strength of the patient, of the climate, of kinds of internal heat, of the nature of the body, of the age and state of the mind, of the usual diet, practices etc., of the patient and all other particulars as affect the body. The responsibility resting with the physicians is great and success depends upon the care of the practitioners to carry out their duties with responsibility. Dr. Koman cannot proceed further as he cannot learn, with his experience of few months, the fundamental principles of Tridosha and our success lies in this that we are able to find out the state of the Doshas in a body at any time. Diseases are of 2 kinds; Nija (affecting the constitution) and Aganthuka (accidental).

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Treatment is of two kinds Santharpana and Apatharpana. They have respectively two other names Brahmana and Langhana. Brahmana consists in developing and nourishing the body. Langhana is reducing the body. Langhana is of two kinds. Sodhana and Samana. Sodhana drives out the deranged Dosha from its wrong position; and this is effected by five methods; Nirooha Vamana, Kaya-Vireka, Siro-Vireka and Rakthamokshana. Samana is palliative and is effected in seven ways. Pachana, Deepana, (to aid digestive powers), fasting, exertion, free air breathing and exposure to sunshine. The following bodies deserve Brahmana or nourishment. The bodies rendered weak by disease, drinking and too much enjoyment, bodies devoted to much exertion, and bodies affected by Rajayakshma, Kshaya, Vatha etc. Whereas bodies affected by Prameha, Amadosha Athisnigdha, Jvara, Oorusthamba, Kushta, Visarpa Vidrathi, Pleehavriddhi, Sthoulya, Chardi, Atheesara Hridroga, etc. require one or other of the twelve kinds of Samana-Chikitsa, due regard being had to the constitution, time, etc., of the body. These methods can be usefully described to any length in a medicinal treatise and we leave it here with the brief statement I have presented above.

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Pancha Karma is included in chikithsa. Vamana, Virechana, Anuvasana, Nirooha and Nasya are the parts of it. In all our treatments one or two of these are useful. In some cases all the five do lead to good results. It is laid down that in almost all the important cases Sodhana-chikithsa precedes Samana-chikithsa. It is also observed that patients are not really cured when we do not follow in detail all the treatment prescribed. Sneha and Sweda must precede almost all cases where Pancha Karma is done. We have almost left off this important kind of treatment. It is our duty to utilise this most useful method of treatment wherever possible.

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There are doubts entertained in certain quarters whether Ayurveda contains anything as regards Surgery. One can infer the excellence and estimate of our Ayurveda from the fact that Surgical instruments used by Westerners nowadays correspond to what is mentioned in Ayurveda long ago. Ayurveda contains a list of several instruments as Svasthika, Yanthra etc., which serve to find out the place affected and the way in which operation is to be dealt with, before the very operation. The yanthras or instruments for testing are 101 that were in use. And the Sastras employed in operation itself are recorded to be 26 (Mandalagram, Karapathiram etc.) The very names of the instruments give a guidance as to its shape. They were treating in the olden days with surgical operation Asmaree, Pramehapidaka, Baddha gudodaram, Arsas etc. Our modern Surgeons will do well to investigate into the serviceability of the instruments before accusing or degrading Ayurveda. In practice surgery and midwifery were practised successfully. Mooda Garba chikithsa or midwifery involves a good deal of difficulty and the work of any in[illegible] hand therein will lead to mortal results. We [illegible] try our best to revive these lost practices of [illegible] (Surgery), Moodagarbha (midwifery), Siravyadha, Kshara-Karma, Jalooka etc.

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Mr. Ernest Clarke has stated: Although not generally recognised, the eye, as a matter of fact, is an organ that registers in a very delicate manner certain conditions of the system, and amongst these conditions intestinal toxemia is markedly one.

Venereal Disease, Prostitution and Vice Prevention.

BY DR. S. L. KATZOFF., M.D., L.L.B., PH. D.

Eminent Physician; President of the Connecticut Medical Liberty League; Author of "Timely Truths On Human Health," etc.

[We are enabled to give below a chapter from the writer's *Timely Truths on Human Health*, by his kind permission:—Editor, *H. M.*]

It is a difficult matter to conclude whether sexuality or hunger plays the more important role in the life of a human being. Sexuality, without question, is one of the most, if not the most, powerful factor in the individual as well as social existence. By it are first awakened the feelings of love for one of the opposite sex; later for children and last for all humanity.

A normal sexual life leads to the development of virtue and even to self-sacrifice, but if it is not properly guarded, it may degenerate into powerful passions and develop the gravest vices.

Sexuality, aided by mental control, awakens noble feelings, which, notwithstanding their sensual origin, elevate man to appreciate beauty, fine distinction of right and wrong, and creative expression. As a philosopher said: "Were man to be robbed of the instinct of procreation and all that arises from it mentally, nearly all poetry and, perhaps, the entire moral sense as well, would be torn from his life."

In the primitive stages of man's development, man and woman were not ashamed to go naked. Even to-day savages go almost naked. The Polynesian and Australian savage furnish good examples. (Even the "Broadway savage" is usually half dressed.) Among these tribes, the female is the ordinary property of the male. In such sections of the earth woman is considered merely a chattel, a ware that can be bought and sold. The higher the order of society the less enslavement there is of women; the more wooing develops on the part of man and more respect and love for each person is manifested. The day will yet come (when man becomes truly civilized) when "democracy of the fireside" and "republicanism of the family" will be living realities, instead of fantastic dreams, as is the case of to-day.

On the subject of *Sex*, Dr. Frank Crane in the Associated Newspapers, in part, says:

"There is nothing essentially impure about the sex feeling. There is nothing necessarily wrong or inconsistent with the finer things of life, even a high development of spirituality. On the contrary, the most beautiful, the most refining, the most conserving and wholesome elements of a man's or woman's experience are due directly and indirectly to this natural instinct...It seems to be the law for human creatures that every privilege is attended by its danger, and the higher the one the lower the depths of possibility in the other. Hence it is that of all perverts, the sex ne[illegible] most incurable, the most wretched in his [illegible]ity, and the most septic toward society.

Every boy and girl has a right to be fully informed as to the meaning of the universal instincts within them, of the results of the sum of human experience in dealing with them, of their physiology and psychology, and particularly of their relation to the social and spiritual life. Not to equip a young person with this information is to do him or her a grievous wrong."

HORRORS OF VENEREAL DISEASE.

The subject of venereal disease, vice and its prevention, is a more serious and larger problem than most people realize. Some never even give it a thought until it attacks their own persons or enters their homes. It is the greatest curse to mankind. It is the duty of every intelligent person to gain a knowledge of the startling facts and lend their humane efforts to eliminate and drive out the social and economic disease from our midst.

It has been estimated that venereal diseases cause the death of two hundred fifty thousand people directly and indirectly each year. They cost the lives of five hundred thousand prostitutes every six years. One-eighth of all human disease and suffering is due to these. Sixty percent of all males are at sometime in their lives diseased with them. Sixty percent of the inmates of our insane asylums are there because of them. Eighty percent of children born with sight, but blind within a few days, owe their misfortune to this curse. From 20 to 25 percent of the inmates of the blind asylums are there because of gonorrhœa. Gonorrhœal infection of innocent children is becoming serious, some cities showing 800 to 1,000 such infections each year. Gonorrhœa causes 60 percent of unwillingly sterile marriages, Approximately 80 out of every 100 women who die of diseases of the reproductive organs have been infected innocently.

In a book entitled "Commercial Prostitution in New York City," astounding revelations are made by trained workers under the Bureau of Secial Hygiene, covering ten months in 1912. In this investigation the activities of 6,750 street walkers and 8,167 house prostitutes were looked into. Over 1,000 places given to prostitution were examined, and it was shown that 150,000 men daily patronized the public women of the city.

An examination of the inmates of Bedford Reformatory, all prostitutes, showed that 90 percent had syphilis or gonorrhœa, while 170 of the girls had both diseases. Can we grasp the full meaning of this terrible statement? Of course, physicians do, and realize that prudishness plays the more important part in keeping such facts from the public eye. One fact is significant; that our youths are the greatest sufferers, and by marrying, transmit the disease to their wives and offspring.

From publication No. 147, prepared by the American Secial Hygiene Association, and distributed some time ago by the War Department, the writer quotes: "Venereal diseases were four and one-half times more prevalent in the regular army during 1916 than their nearest rival, measles. The annual disease rates per 1,000 men in the United States for all acute infectious diseases in 1916 were as follows:

Meningitis	.29	Dysentery..	2.97
Typhoid, etc	.52	Malaria	12.529
Scarlet Fever	.59	Measles	20.2
Pneumonia	2.59	Venereal Diseases ..	91.00

From an article, "Can We Stamp Out Venereal Disease?" in *Physical Culture* (December, 1918), by Admiral Cary Travers Grayson, M.D., PH. G., U.S.N., we quote the following:—

"Although the medical men of the military establishment by reason of their experience in the examination of recruits, were more or less prepared for the prevailing percentage of social diseases among young and middle aged men, yet civilian physicians were astounded when the draft medical examinations disclosed the fact that in some groups accepted for service during given periods, there were found to be, in round numbers, as many as 400 cases of venereal diseases admitted to sick list to every 1,000 men, 40 percent, or four men out of every ten recruits. This approximates in excess of 20,000,000 cases in the United States..."

These statistics are grave indictments against our highly developed civilization ("syphilization"). Something must be done before the entire race exterminates itself from loathsome diseases.

PROSTITUTION.

The prostitute is a product of environment. No girl becomes a prostitute out of mere innate wickedness. They become prostitutes through force of circumstances. In large cities many people are compelled to live in to close proximity to each other, but they are compelled to live in too small quarters. Frequently a large family is crowded into one or two rooms. Sometimes families living in one or two rooms are compelled to have boarders and roomers in order to eke out an existence. Of course, they are not to be blamed for living thus. They are helpless. Neither do I mean to say, that they are all bad. It is marvellous how many of them retain their sterling qualities and virtues in spite of these conditions. This overcrowding is an invitation to immorality. Frequently professional prostitution is carried on in these tenements, to the abject demoralization of the many children who live in them.

Another factor that makes for prostitution is the miserly wage paid in industries during "normal" times. Many of the women and girls find it impossible on so small a sum to pay for board and lodging and keep their personal appearance up to the standard which their employers require and which their own impulses dictate.

There are also women and girls whose incomes are large enough to pay their expenses, who have steady employment, but whose lives are joyless and barren because of the monotony of their never-ending toil and because of lack of social pleasures and mental recreation. Some of them become psychically ill and take to prostitution to relieve the monotony of their lives. There are panderers and procurers of both sexes whose regular occupation lies in laying snares for innocent, ignorant young girls, leading them into lives of shame.

INTERESTING STATEMENTS.

"Even those who deliberately and of free choice, adopt the profession of a prostitute do so under stress of temptation, which few moralists seem to realize."—General Booth.

"The commercial prostitution of love is the last outcome of our whole social system, and its most clear condemnation. Here there is no solution except the freedom of woman—which means, of course, also the freedom of the masses of the people, men and women, and the ceasing altogether of economic slavery. Only when the free woman is honoured will the prostitute cease to exist. The whole evil of commercial prostitution arises out of the domination of men in matters of sex."—Edward Carpenter.

"These women are recruited from those who are out of work. Again: Is it not the duty of society to prevent these girls from falling into the mire of corruption and vice? I have often heard patients say: If I had been taught to earn 3 or 4 francs a day I should never have gone on the streets."—Fournier.

"Our sexual anarchy is the result of masculine autocracy, as Russian anarchy is the result of Tsarism. In factories, shops, etc., the average wage of women is 2 francs 20 per day; but in domestic service it is only 1 franc 10, or even 90 centimes! Is it to be wondered that they have recourse to prostitution? We must first strive with all our might to destroy the all corrupting supremacy of private capital and wealth with its exploitation of human life and energy; and we must further combat the use of all narcotic poisons, especially that of alcohol. We must not rest until these two deadly monsters are overthrown. We must also restore to woman the same natural and equal rights possessed by man."—Forel.

These quotations, be it noted, are from men of *international* reputation. Booth is a theologian; Carpenter, a poet; Fournier, a physician; and Forel, an alienist and specialist on venereal diseases. And yet these men—who represent conflicting schools of thought—virtually unite in attributing prostitution primarily to poverty.

Artificial or would-be philanthropical magnates pretend willingness to do *almost anything* for the prostitute; they will pray for her; organize missions for her; hold indignation meetings concerning her; plead with her; incarcerate her in the workhouse; fine her; medically inspect her (leaving her clients scot free to infect her); weep crocodile tears over her; denounce her as a wilfully corrupt creature; and then glorify her as the innocent, helpless betrayed victim of man's inhumanity and bestiality. But what they *will not* do is to give her a legal right to work for a minimum wage of, let us say, $15 per week. But then, you see, prayers and the like are extremely inexpensive; whereas, in order to keep our 500,000 happy go (un) lucky girls employed at $15 per week our "philanthropic" brothers would have to "cough up" millions of dollars each year.

Since venereal diseases continue to spread like a devastating pestilence and strike down healthy wives, who are infected by their husbands, thus causing them untold misery in the shape of ill health, operations, and constant sterility; since in addition we also have to consider the effects of the poisonous "remedies" such as "606"—remedies that are worse than the disease; since over and above all these considerations the welfare of unborn generations is involved in this question; since, in short, that all means employed by society for preventing these diseases have hitherto hopelessly failed to arrest the spread thereof amongst those who deliberately incur the risk of contagion *and the consequent infection of the innocent*, it behoves us, in the name of and for the sake of *Humanity* in general and *Posterity* in particular, to give the widest possible publicity to the problem of venereal disease and its prevention.

To be continued.

Food Values.

Professor Harden, of the University of London, gave a lecture at the Regent Street, Polytechnic, to an audience of London teachers on "Vitamines", the mysterious and unidentified substances which, he said, had in recent times been found so necessary to life.

"Lard scarcely ever contained vitamines, while cod liver oil might be two hundred times as potent in vitamines as butter. In green vegetables they were present in considerable quantities. They were also to be found in egg yolk, but not in the white of the egg, but they were entirely absent from margarine, except oleo-margarine, which contained a certain amount of the fat of animals which had been fed on vegetables."

Other foods the lecturer enumerated as containing vitamines in greater or small quantity were oil seeds, carrots, orange and lemon juices, and tomatoes, while swedes and turnips in particular contained a certain

kind of vitamine. The place of honour, however, in the quantity of vitamines was taken by cod liver oil and not, as some imagined, by butter.

Dealing with the same subject, "A Physician" writes in the "Daily Chronicle":—"In general, the natural, simple, inexpensive, common, unfaked, uncooked, fresh foods are rich in vitamines; and the other kinds of food, however nice to look at, pleasant to taste or expensive to buy, are, at the least under serious suspicion that, in preparation, cooking, preservation, or what not, the vitamines have been destroyed.

"For lack, as yet, of more knowledge, we simply call the three vitamines already identified by the first three letters of the alphabet. We must have all three, A, B and C, in our food; and no excess of any one will compensate for lack of another.

"The simplest and longest known is C, without which we die of scurvy. It is richly found in fresh fruits, but not at all in jam. Oranges and lemons abound in it, for instance, and a little orange-juice daily is a very good and safety-ensuring addition to the diet of a baby in particular, and everyone else in general.

"B is found in fresh cereals and peas and beans and germinating grains and things that are growing quickly, such as yeast. Without it we should die of beriberi, a disease long puzzling in the East, now understood.

"A is found in fresh green leaves and in unspoilt natural fats. Crude cod liver oil contains more of it than anything else we know. Without it no child can grow properly, and the same is true of B."

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